

A HOUSE and  
a HOME:  
YOUR RENTING  
options

MILLY'S Top 5  
CHEAP, UNUSUAL  
beauty tips

# Hotch Potch

A voice for the students

Budget BUSTER  
6 Tips to HELP Save MONEY

Sports  
Central  
Your guide to  
Sports around  
Ballarat

## What's in the mag.

### Editor's welcome

It is a brand new year at UB which brings many changes. There is a student senate forming, the Student Services and Amenities Fee has been introduced, as well as the reintroduction of a careers and employment service. This year is also a change for the many first year students. Moving to a new place and starting university has its challenges: not knowing anyone or where any places are, sticking to a budget, balancing work, study and play. Here at *Hotch Potch*, we want to help. From saving money on your groceries, to housing, Ballarat sports and where to find certain services, this issue has it all. Enjoy the first issue of *Hotch Potch* for 2012, and have a great year. We wish you all the best with your studies.

Until next time,  
Mel

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Melita Knight

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Thank you to Jeannie King, the Director of Student Connect.

Thank you to Assoc Prof John McDonald and the contribution of the Behavioural and Social Sciences and Humanities Society and Further Education.

## Creative Corner

Art, photography, fiction, creative non-fiction and poetry

### Big Job

‘Good morning,’ he said, nice and relaxed opening, perfect way to start something like that. I just hoped there wasn’t a gangster watching; this buck reeked of authority trying to be inconspicuous...or maybe not.

‘That’s not what you came here to say is it?’ I said to him. Then came the usual formalities...

‘You’re right. My name is Agent Grant,’ he had declared without a blanch in tone, taking out his wallet and sliding it across the table-top for me to look at. By the sound of the weight of the article, I knew what it contained. I opened it carefully, if I was being watched I didn’t want anyone else seeing the nickel badge inside.

I’m no expert on identity fraud, but if that badge and I.D card, both blazed with a formal *F.B.I.*, had been faked, then the forger deserves a government grant.

I sat there quietly, waiting for the Agent to come to the point of why he was bothering to talk with me, my heart making several quick awkward turns within my chest before taking to a higher pace than normal.

When moments passed, and neither of us said a thing to the other, the Agent took it upon himself to break the silence we scrutinized each other in.

‘We’ve been watching you for some time Mr Finch.’ He said quite coolly, with vague undertones of complacency that told he expected me to be scared, or surprised, and honestly I was, but definitely not to the effect he had hoped for.

‘That’s still not what you came here to say is it?’ I inquired. If Grant had been watching me, he would know a lot by now, but apparently still not enough to warrant arrest.

‘You’re a busy man lately Michael,’ Grant observed. ‘You’ve popped your nose into some very unpleasant grounds with people to match; your recruitment drive has got you noticed.’

‘I’m just looking up old friends,’ I lied condescendingly. I didn’t want to give him any suspicions to act on. ‘But yes I’m quite aware of when I’m not welcome.’

‘Being a veteran I assume you know risks when they come up.’

Grant was edging towards a sensitive place, and if he had continued, the avenues of both our fates would have diverted quite dramatically. But at that point he had not tickled that nerve, simply made aware he knew it was there.

‘Yes I do.’ I admitted. Grant was astute, and I sensed that he perceived one in what I saw in him.

‘I think it would be a good idea for you to find something else to do with your time.’ With this the Agent stood and left me there to contemplate all that had changed in those few lines.

*A serial by Shane Hartwig (Professional Writing and Editing)*

What happens next? Grab the next copy of *Hotch Potch* to find out.

What happened previously? Check out the past issues of *Hotch Potch* online.

### Glass Work



*By Steven Bonney (Diploma of Visual Arts)*

## News and Views

Student issues and opinions

### A House and a Home

Your first year at university is daunting enough without having to worry about living arrangements, but the reality for many students is that they do have to worry about it. Luckily for them, UB has them covered

#### Living on campus residence

UB offers a great deal of different on campus residence options. All differ in price and offer different amenities (for example, included dinners). This is a great option if you are looking forward to having a great social experience at university as you will live with a diverse bunch of people and will be right on campus to participate in all sorts of extra-curricular activities (and you won't need to get up super early for those pesky 8am lectures!) You can check out UB's great range of on campus living options by visiting <http://www.ballarat.edu.au/future-students/open-day/programs-and-activities/accommodation>

#### Living off campus residence

If living right on the University campus doesn't appeal to you, but the social aspect of living with and meeting new people sounds good to you, then living on an off campus uni residence might be best for you. There a number of off campus residences to choose from and it's easy to pick one that best suits your needs. These campuses are scattered around the Ballarat area but still offer a great support system for students. UB also offers private accommodation; you can check that out by visiting <http://www.ballarat.edu.au/facilities-and-services/accommodation/private-housing>



#### Renting

For some people, living with people you don't know isn't the definition of fun, so renting might be best. Ballarat is incredibly forthcoming to their uni students, so real estate agencies are always happy to help out. The best thing about renting is that there are houses and price ranges to suit everyone. The best thing to do is have a chat to some local real estate agents; they're super friendly and always happy to help.

By Morgan Stewart (Professional Writing and Editing)

### Scholarships

The first round of scholarships has closed, but if you missed your chance to apply fear not. Second round of scholarships are available. Equity and Financial Aid and Indigenous Commonwealth scholarships will all be available for application on Monday, 27 February. The Mick Young and RJ Young scholarships are open now for any TAFE students interested in applying, as is the UB Free Computer Equity Scheme.

Apply online: [www.ballarat.edu.au/current-students/scholarships](http://www.ballarat.edu.au/current-students/scholarships)

### Travel Smart

With university starting and construction still happening at Mt Helen campus, finding a park is difficult. Fortunately, there are alternative ways to get to uni.

- Bus**  
 Depending on which area of Ballarat you live in, getting to a bus stop that takes the short way to the Uni can be either easy or difficult. Grab a time table to see if it matches your schedule. Riding on the bus can give you a chance to get some course reading done.
- Bike**  
 Cycling is a great way to get to uni. With 50 bike racks and 10 secure lockable bike cages at the Mt Helen campus, 60 racks at Horsham, 20 behind the Old Chem building at SMB, and various bike loops located throughout the Camp St campus, cycling to uni means you don't have the trouble of finding a park. It's also a good way to keep fit. The only downside is the Ballarat weather, which isn't always on the side of the cyclist.
- Carpool**  
 If you are your friends need to go to uni on the same day, why not carpool. UB even have a carpooling service you can register for which matches you up with people who have similar schedules.





## Student Senate

This year, UB is launching their student senate. It is a collaborative way for students to get their voices heard. The student representatives will help determine which amenities, services and facilities should be available to students, and provide recommendations on learning environments and other aspects of university life. In the past, the University has shown that it is willing to listen to student ideas. The senate will provide a place for students of all interests and backgrounds to actually have their opinions and ideas both heard and acted upon. Nominations open Monday, 13 February if you wish to nominate yourself or a friend.

For more information contact Kerri Laidlaw, the co-ordinator of the Student Leadership Project. Email: [k.laidlaw@ballarat.edu.au](mailto:k.laidlaw@ballarat.edu.au) or phone: 03 5327 9832.

## Harmony Festival 2012



## Student Services and Amenities Fee



You may have heard of the Student Services and Amenities Fee (SSAF) that the University are introducing this year. You may also have heard the fee be compared to the old student union fees.

However, the SSAF is not quite the same. There are only certain services which the Uni are allowed to spend the money on. Services such as childcare, employment help, legal services, as well as various others. The Higher Education Legislation Amendment (Student Services and Amenities) Bill which was passed in 2011, and which is responsible for universities being able to charge the fee, requires the University to consult the students on how these fees are spent; hence why the student senate is being established. Full time student will have to pay \$263 and part-time students will have to pay \$197. This payment will be due on 31 August, 2012 but if you can't afford it, payment assistance is available through SA-HELP. SA-HELP is a new part of the Higher Education Loan Program. If you are eligible, you can choose to pay for part of the payment and get a SA-HELP loan to cover the rest.

Although there are students who believe this fee will be a waste of money, it does offer the possibility of more worthwhile services and facilities being available to students. The University does have to consult students on where this money is spent, so to make sure the SSAF is spent on what you want, make sure your voice is heard.

For more information regarding SSAF visit [ballarat.edu.au](http://ballarat.edu.au) or [deewr.gov.au](http://deewr.gov.au) and type Student Services and Amenities Fee into the search bar.

## The Ball Park

For all your sporting needs

### Sports Central

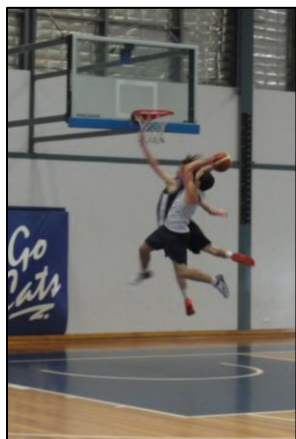
The University of Ballarat and the wider Ballarat community offer a range of sport and recreational activities. It is a great way to meet new friends and keep active. It is easy to get bogged down with homework and forget to take care of ourselves, or relieve the stress with one too many nights out. Keeping fit is a fantastic way to keep energy levels high, reduce stress, meet new people and look your best.

There is Athletics, Fencing, Orienteering, Rowing, Handball, Lawn Bowls and lots more. If you would like to get involved in any of the sports run by the University then drop into the Student Experience Office (Level 1, Albert Coates Complex, opposite bookshop, Mt Helen Campus) during office hours or call 03 5327 9452.

#### Aussie Rules

Joshua Clissold, the team manager of the University of Ballarat Australian Football Team (Men's) has big plans for the competition this year. If you're interested in trying out for the team then contact Joshua at [josh\\_clissold@live.com](mailto:josh_clissold@live.com)

#### Basketball



Ballarat has a lively basketball scene with senior games taking place from Sunday through to Thursday. You can form an independent team with mates or put your name down to join an established team. It's approx. \$10.00 per game. Call the Ballarat Basketball Miner Dome reception on 5338 1220 for more information or to register your interest.

The University of Ballarat Basketball team play throughout the year and represent the University at the Southern University Games and the Australian University Games. New players are welcome, contact Jarrod Parsons – Captain at [jarrodparsons@hotmail.com](mailto:jarrodparsons@hotmail.com)

#### Football and Futsal

Now is the time to join the University of Ballarat Futsal team and help kick the way to success. Anthony Cocomazzo – Team Manager, is looking for more players and aiming for more Futsal successes throughout the year and in the Southern University Games. Contact Anthony on [tonycoco\\_711@hotmail.com](mailto:tonycoco_711@hotmail.com) for more information or to express your interest.

#### Hockey

If you're interested in playing hockey, then UB has a lot to offer! The Hockey Club competes in the local Ballarat Hockey League, Hockey Victoria's State League (men's only) and the Australian University Games. They train every Tuesday evening, with matches on Saturday and Sunday. Contact Cheyne Hackett – President for more details, [studentsofballarathockeyclub@hotmail.com](mailto:studentsofballarathockeyclub@hotmail.com) or [cheynehackett@hotmail.com](mailto:cheynehackett@hotmail.com).



#### Judo

The University of Ballarat Judo club is open to everyone, regardless of age or ability. They offer training in a fun, friendly environment and anyone up for a competitive challenge is welcome to participate in the Australian University Games. If you're interested please contact the Team Manager – Luke Gill at [lukejamesgill@gmail.com](mailto:lukejamesgill@gmail.com)

#### Netball

The Ballarat University Netball Squad (B.U.N.S) take part in the university games, they train and play on a regular basis. If you're interested in playing Netball for UB then please contact Megan Jolly at [lil\\_jolly\\_3@hotmail.com](mailto:lil_jolly_3@hotmail.com)

#### Squash

Why squeeze a stress ball, when you can have more fun whacking it against a hard wall? The UB Social Squash group meet every Thursday at 5pm to vent some stress and keep in shape. For more details contact Andrew Sawitsch at [a.sawitsch@ballarat.edu.au](mailto:a.sawitsch@ballarat.edu.au)



## Ultimate Frisbee

Heard of it? Neither had I 'til I checked out the Uni Sports website. Ultimate Frisbee is a unique sport that mixes netball and gridiron with a Frisbee. Intrigued? Well lucky for you, social and competitive events are held throughout the year and at the University Games. Contact Chloe McDonald – Secretary for more details at [ballarat.uni.ultimate.frisbee@gmail.com](mailto:ballarat.uni.ultimate.frisbee@gmail.com)

## Volleyball

The University of Ballarat Volleyball team run social events and activities throughout the year as well as representing UB at the Southern and Australian University Games. Never played volleyball but want to give it a go? Don't hesitate to contact Dan Aitchison – Team Manager at [daniel\\_son\\_1@hotmail.com](mailto:daniel_son_1@hotmail.com) to find out more.

## The University Games

Interested in competing in the University Games? Check out the Uni Sports tent for more details during O-Week and the first week of Semester or drop in at the Student Experience Office. For more information about the games and events you can also visit <http://www.unisport.com.au>

*By Alexandra Meerbach (Professional Writing and Editing)*



# [HOT]ch [POT]ch

Tips and tricks to making cheap and delicious meals

## Spaghetti bolognese



This is an easy meal, takes less 30 minutes to cook and with the quantity you'll have enough to serve four people or extra for lunch the next day.

Prices are for Aldi and all up the meal costs under \$10.

### Ingredients

- Spaghetti (79c for 500g)
- Mince (\$5.69 for 500g)
- Tomato paste (\$1.29 for 500g)
- Diced tomatoes or tinned pineapple in syrup (Tomatoes 69c for 400g. Pineapple \$1.09 for 420g)
- Tomato soup (89c for 425g)
- Salt
- Pepper

### Method:

1. Boil pasta
2. Add some olive oil or margarine to a large pan, then add mince
3. Stir until brown
4. Add salt and pepper
5. Add 2 large tablespoons of tomato paste or until mince is covered
6. Pour in either tinned diced tomatoes or pineapple
7. Add tin of tomato soup
8. Let simmer for 5-10 minutes
9. Add cooked pasta, mix well and serve

*By Courtney O'Neill (Professional Writing and Editing)*

## Eventful

**What:** O'Week Market Stall Day  
**Where:** Mt Helen Quad (outside library)  
**When:** Monday, 20 February. 1-2.30pm  
**Cost:** Free

**What:** O'Week Opening Night Festival  
**Where:** Kryal Castle, Forbes Rd, Warrenheip (off the Western Highway)  
**When:** Monday, 20 February. 4pm 'til late  
**Cost:** \$30 pre-sold online at oztix.com.au or from 9am-2pm at Mt Helen campus. \$40 on door.

**What:** Mt Helen Main Event  
**Where:** Court Yard, Mt Helen campus  
**When:** Wednesday, 22 February. 4-7pm.  
**Cost:** Free

**What:** 32<sup>nd</sup> Annual 'Tour of Tradition'  
**Where:** Various Ballarat Pubs. Starting venue will appear on ticket  
**When:** Wednesday, 22 February. Door opens 7pm, tour starts at 8pm  
**Cost:** \$20 pre-sold. Available at Mt Helen Campus



**Who:** Arts Academy Staff and Postgraduate Students  
**What:** Scope (Exhibition)  
**Where:** Post Office Gallery  
**When:** Wednesday, 22 Feb- Saturday, 24 March. Official Opening is Thursday, 23 February. 5.30-7.30pm.  
**Cost:** Free

**Who:** Ocean the Sky  
 +Saviour  
 +Judge Our Hearts  
 +Good Will Hunting  
**Where:** Karova Lounge  
**When:** Friday, 24 February. Doors open 8.30pm  
**Cost:** \$11

**Who:** The Potbelleez  
**Where:** The Bluestone  
**When:** Friday, 9 March. Doors open 7pm.  
**Cost:** Student: \$15+b/f, General: \$20+b/f. Tickets available at The Bluestone and New Generation Clothing



**What:** Back to School Party  
**Dress:** School uniform  
**Where:** The Bluestone, 101-103 Mair Street  
**When:** Tuesday, 21 February. 7.30pm 'til late.  
**Cost:** TBA. Tickets available on door.

**Who:** Tas Wansbrough  
**What:** Beginnings  
**Where:** Red Brick Gallery, 218a Skipton Street.  
**When:** Friday, 2 March- Thursday, 15 March. 10am-5pm  
**Cost:** Free

**What:** Arts, Craft and Produce Market  
**Where:** Caledonian Primary School (Cnr Water and Thompson St, Brown Hill)  
**When:** Friday, 2 March. 5-9pm  
**Cost:** Free

**Who:** The Bon Scotts  
 +The Underminers  
 +Brendan Skinner  
**Where:** The Bended Elbow  
**When:** Saturday, 3 March.  
**Cost:** \$12 on the door



**Who:** Colour Me In Blue  
 +Oh Pacific  
 +Destined  
**Where:** Karova Lounge  
**When:** Saturday, 3 March. Doors open 8.30pm.  
**Cost:** \$8

**Who:** Andreas Litras  
**What:** Odyssey  
**Where:** Wendouree Centre For Performing Arts. Norman Street  
**When:** Wednesday, 7 March. 8pm  
**Cost:** Adult: \$35, Concession/Student: \$22

**Who:** Sybreed  
 +Anno Domini  
 +Order of Torment  
 +Liberate the Grave  
**Where:** The Bended Elbow  
**When:** Thursday, 8 March. Doors open 8pm  
**Cost:** \$15 Pre-sale or \$20 on the door.





**Who:** Miriam Margoyles  
**What:** Dickens' Women  
**Where:** Her Majesty's Theatre  
**When:** Tuesday, 13 March. 8pm  
**Cost:** Adult: \$79, Concession: \$74, Student/Youth: \$49, Child: \$49

**What:** Embroidery and Patchwork Exhibition: Stitches Unmasked  
**Where:** St Patricks Cathedral Hall, Corner of Sturt and Dawson Street  
**When:** Friday, 9 March- Monday, 12 March. 10am-5pm  
**Cost:** Adults: \$5, Children under 16: Free

**Who:** Ballarat Roller Derby  
**What:** Ballarat Roller Derby vs Dragon City Derby Dolls (Bendigo)  
**Where:** The Daylesford Arc, Daylesford Secondary College. (Smith Street, Daylesford)  
**When:** Saturday, 10 March. 2-4pm  
**Cost:** Adults: \$10, Children: \$5

**What:** Ballarat Begonia Festival  
**Where:** Lake Wendouree and the Botanical Gardens  
**When:** Sunday to Monday, 10-12 March. 10am-5pm.  
**Cost:** Free



**Who:** David Williamson  
**What:** Let the Sunshine  
**Where:** Her Majesty's Theatre, 17 Lydiard St South  
**When:** Wednesday, 14 March. 8pm.  
**Cost:** Adult: \$50, Concession: \$45, Student/Youth: \$25, Child \$25

**Who:** Ballarat Symphony Orchestra  
**What:** Works by Rossini, Mozart, Schubert, and new work by local composer Rae Howell  
**Where:** Wendouree Centre for Performing Arts  
**When:** Sunday, 18 March. 2.30-4.30pm  
**Cost:** Adults: \$30. Concession: \$25, Student: \$15

**What:** University of Ballarat Career's Fair  
**Where:** Mt Helen Campus  
**When:** Tuesday, 20 March. 12-2pm  
**Cost:** Free

**Who:** Marion Manifold  
**What:** Through the Notebook-Marie Antoinette  
**Where:** Art Gallery of Ballarat, 40 Lydiard Street Nth  
**When:** Saturday, 24 March-Sunday, 29 April. 9am-5pm  
**Cost:** Free



**Who:** The Wiggles  
**What:** The Wiggles live in Concert  
**Where:** Wendouree Performing Arts Centre  
**When:** Friday, 30 March. 10am and 1pm shows  
**Cost:** \$30 (All tickets)

**Who:** Kerrie Leishman  
**What:** A New Beauty?  
**Where:** Art Gallery of Ballarat  
**When:** Saturday, 31 March-Sunday, 13 May. 9am-5pm  
**Cost:** Free

**Who:** The Ballarat Woodworkers Guild  
**What:** Annual Wood and Craft Show  
**Where:** Wendouree Sports and Events Centre  
**When:** Saturday, 31 March. 9am-5pm. Sunday, 1 April. 9am-4pm  
**Cost:** \$5. Children under 16: Free

**Who:** Ballarat Agricultural and Pastoral Society  
**What:** The Weekly Times Rural Lifestyle Expo  
**Where:** Ballarat Showgrounds  
**When:** Saturday, 31 March. 9.30am-5pm  
**Cost:** Adults: \$5, Children: \$2



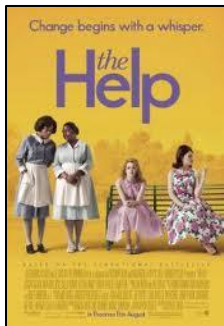
**Who:** Ball Park Music  
 +Nantes  
 +Cub Scouts  
**Where:** Karova Lounge  
**When:** Friday, 13 April. Doors open 8.30pm  
**Cost:** \$15+b/f

Do you have an upcoming event you want other students to know about? Contact us at [hotchpotchmagazine@gmail.com](mailto:hotchpotchmagazine@gmail.com)

## Let us entertain you

Entertainment news and reviews

### REVIEWS



#### The Help

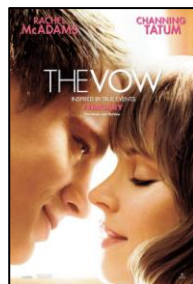


Set in Jackson, Mississippi, *The Help* is the story of how one enlightened white girl shed light (and a whole heft of controversy) onto the 'secret war' going on behind the closed doors of suburban homes in the 1960s. Rather than wearing chains and made to work in cotton fields, black women are made to wear blue pinafores and look after white children (the mothers of the children were apparently too busy playing bridge and eating ambrosia salad). Their identity and social standing are denied. Eugenia 'Skeeter' Phelan (Emma Stone, *Superbad*, *Zombieland*), a budding young journalist, realising this injustice, begins to interview these downtrodden women in secret. She eventually uses her privileged position in society to publish *The Help*, a collection of the revealing interviews that would change this narrow-minded society forever.

So what makes this more than just a movie about white guilt? The enormous amounts of humour that has been packed into almost every scene, with a deftness and sensitivity that neatly sidesteps any chance of undermining the 'help's' plight and persecution suffered at the hands of white southern suburbia. Their horrendous living conditions and typically racist attitudes of their employers is underscored by the implicit hopelessness of their situation as black people, who were judged as fundamentally different, even menacing to the white cause.

However, their resilience and good-humour contrast ironically against the white characters in the film, particularly the selfish and seemingly purposeless housewives. There is a spot of over-acting by Bryce Dallas Howard that can be forgiven due to its sheer hilariousness: Hilly Holbrook is a character just made to be hated. Someone else to keep an eye out for is the delightful Jessica Chastain, who played ditzy Celia Foote with just the right amount of overacting and jumping up and down.

By Stephanie Jensen (Bachelor of Arts majoring in Literature and Philosophy)

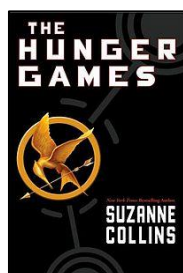


#### The Vow



Once you get over wanting to hack at Rachel McAdams' hair with a good pair of scissors, *The Vow* is a cute and funny romantic drama. The genetically blessed pairing of McAdams and Channing Tatum play husband and wife, Paige and Leo, whose lives are turned upside down by a car accident which causes Paige to lose the last five years of her life, the years that hold the memories of her love of a lifetime— Leo. The film, based on true events, then follows the pair as Leo fights to make Paige fall in love with him all over again, against the wishes of Paige's estranged family. Relatively unknown director, Michael Sucsy, directs a talented cast (including Australia's Sam Neill and Jessica McNamee who play Paige's father and sister) in a film that delivers romance, comedy and drama. Channing Tatum's brilliant one-liners provide plenty of laugh-out-loud moments, and yes ladies, there's a few topless moments (heck, there's even a pants-less scene!). Despite a slightly predictable ending, it's a must-see for any romantic movie lovers.

By Morgan Stewart (Professional Writing and Editing)



#### The Hunger Games



Set in post-apocalyptic North America, known as Panem, *The Hunger Games* is a dystopian novel that people of all ages and genders will enjoy. Each year, the Capitol of Panem put on the Hunger Games, where a boy and girl tribute from each of the twelve districts fight to the death, reminding citizens of the price of rebellion that destroyed District 13. The first out of a trilogy, the novel follows Katniss Everdeen, a girl from District 12 who will change the course of Panem and the Hunger Games forever. Suzanne Collins draws you into the world of Panem, and you'll find yourself unable to put the book down, wanting, needing, to know what happens next. The tension is almost palatable, and the action just keeps on coming. The characters are realistic; they have flaws, but that only makes you like them more. *The Hunger Games* is about survival, relationships, and society as it now and as it could be. The three books flow into one another easily, and you'll want to start the second book immediately. Do yourself a favour, and read *The Hunger Games* before the movie version comes out 22 March. You will not regret it.

By Melita Knight (Professional Writing and Editing)



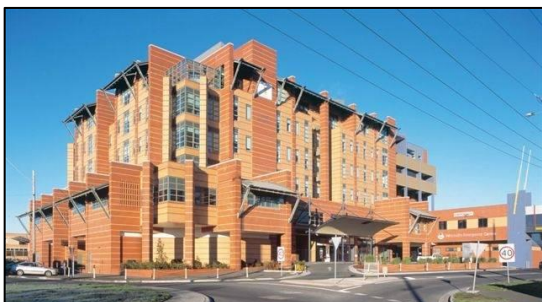
## Ur Ballarat

Life and leisure in Ballarat

### That Sick Feeling

Feeling sick but don't know where to go?

- UB Health Centre**  
 UB has its very own health centre. Located on the ground floor of the T building North Wing, all patients are bulk billed.  
 T: (03) 5327 9477
- Eureka Medical and Dental Clinic**  
 On the corner of Dana and Albert Street, healthcare and pension card holders are bulk billed, with all other patients paying a gap fee of \$30 or \$40.  
 T: (03) 5309 1111
- Baarlinjan Medical Clinic**  
 On the corner of Market and Armstrong St North, this clinic is open from 9am to 5pm. It is bulk-billing with aboriginal and non-aboriginal patients welcome.  
 T: (03) 5331 5344
- Ballarat Base Hospital**  
 Hopefully you will only need to go to the hospital to celebrate a birth, but just in case, it is located at Drummond Street North. It is on the corner of Drummond and Sturt Street, as well as the corner of Drummond and Mair Street.  
 T: (03) 5320 4000



- Queen Elizabeth Centre**  
 Located at 102 Ascot Street, the Queen Elizabeth Centre is part of Ballarat Health Service and offers physiotherapy and rehabilitation to its patients.  
 T: (03) 5320 3700
- St John of God Hospital Ballarat**  
 Another hospital is St John of God Hospital located at 101 Drummond Street North.  
 T: (03) 5320 2111

### Three of a Kind...Online Bookstores

#### Bookdepository.com/co.uk

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#### Fishpond.com.au

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## Budget Buster

It is a truth universally acknowledged that a person studying at university must be in want of a better budget.

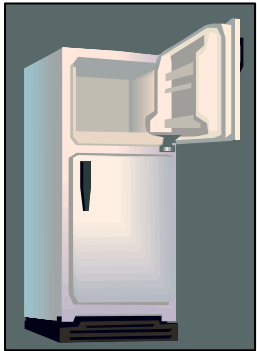
### **Bulk Buy**

Bulk buying is not the easiest thing to do if you are living alone. For basic items such as rice, coffee, drinks, hygiene products and pasta, you can easily bulk buy without having to worry too much about expiry dates. If you share a house, see if any of your housemates want to pool grocery money. This way the cost will be more spread out and you can save more.

### **Cook Big**

Cooking meals with more serves than you have people is a great way to save time and money. It can help use fresh ingredients before they go off, or you can bulk buy products and use them to create bigger servings. Get some containers, place the excess meals in them, pop them in the freezer and they are ready to be reheated next time you don't feel like cooking.

### **Use the Freezer**



The freezer will be one of your best friends during university life. You can make meals and freeze the excess which means you don't waste food and you save money by not having to buy more ingredients. Buying meat then freezing it is also a great way to either buy bulk or make meat last longer. For a uni student, meat can be expensive, depending on the type you buy, so freezing your unused meat can be useful. Most meats can be frozen for at least three months, but check on your freezer door if you are unsure.

If freezing fresh meat or a meal, label them with the date of when you put them in, that way when you go to cook/reheat them, you'll know if they're still okay to eat.

Buying frozen vegetables and other frozen foods can also help the amount of money you spend. As they are already frozen, they usually have a while before they expire which means you can stock up.

### **Explore your Shopping Options**



Coles and Safeway are not the only places you can buy groceries. While some of their products are cheap, there is always a better bargain to find. Aldi is great place to find cheaper groceries. They may not have all the brand names that other supermarkets have, but the products are still good (sometimes they are even better than brand name items). Ballarat has two Aldis, one in Sebastopol near the Macdonalds roundabout and one near the public library on Creswick Road.

For canned food, deodorants, snacks, pasta and other grocery items, the Shepparton Cannery Surplus on Mair Street is a great place to go. Their products are good quality and can be cheaper than some other supermarkets. Don't be afraid to shop around.

### **Prioritise**

Desperately want the new season of *True Blood*? When you get paid, pay all your bills straight away (or set a certain amount aside that you will need for them), do a big grocery shop, then see how much you have left over. If you try to set aside \$5 or \$10 a week, you will soon have saved enough to treat yourself.

### **Cut Back**

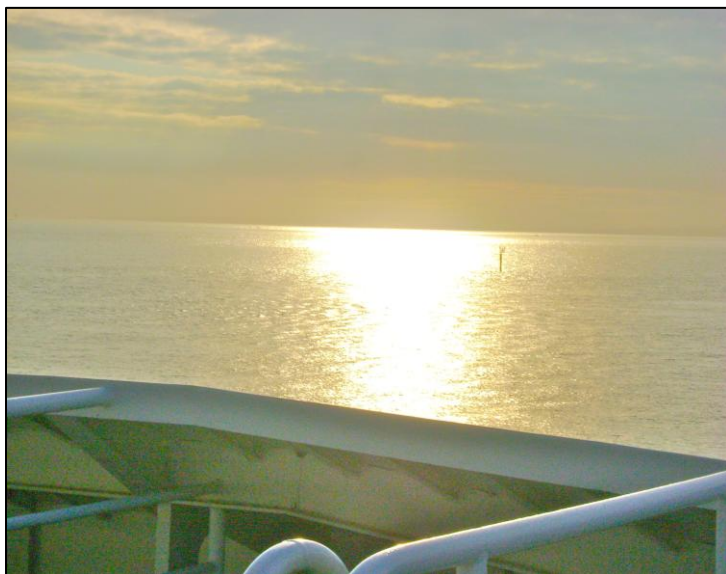
Items such as chocolate or alcohol can be very tempting and sometimes, be very expensive. Reducing the consumption of unnecessary purchases will save you money. Even if you gradually buy less of these items each month, a difference will still be seen. Alternatively, if you really can't go without them, try finding a cheaper brand, buying bulk, or going in with a couple of mates.

*By Melita Knight (Professional Writing and Editing)*

## Ready to PASS

Need some help with a first year course, or want to fine tune your skills? Then you should check out PASS: Peer Assisted Study Sessions. Led by high achieving senior students, the sessions are a fun and informal way to get help and advice. You can compare notes, discuss important topics and share strategies for studying and learning in a small group. PASS is voluntary and you don't have to attend every week, however you will get more out of it if you can make it each week. PASS isn't available in all first year courses. To find out which courses offer PASS and for current session times and locations, check out [ballarat.edu.au/pass](http://ballarat.edu.au/pass).

## Untitled Photo



By Georgina Gould-Hardwick (Bachelor of Visual Arts: Fine arts)

## Looking for Work?

Not everyone is lucky enough to be able to travel home for work, and with the closure of Unijobs in June 2010 students have had little help in preparing their job applications. This year the University has a new Careers and Employment office, located on level 1 of the Alberts Coates Centre. This has been achieved through the introduction of the Student Service and Amenities Fee. A Careers Fair will also be held on Tuesday, 20 March at the Mt Helen campus. If you are looking for a job in

Ballarat, *The Courier* has a job section every Saturday and Wednesday. Websites such as [mycareer.com.au](http://mycareer.com.au), [jobseeker.com.au](http://jobseeker.com.au), and [careerone.com.au](http://careerone.com.au) are also helpful when looking for jobs. Doing a resume drop is another good way to apply for jobs, just make sure you dress nice and neatly when applying as this will give off a good impression. Do your research on the business you are applying for and tailor your cover letter to suit the business.

## Life on Res

Being on Residence is a great way to get know people from a wide variety of courses. Some will be returning Residents and others will be first years. No matter what year you are in though, there are some simple things you can do to make the best of your Res experience.



- *Get Involved*

Throughout the year there will be multiple activities you can be involved in, such as Res Netball, football, unit activities and day trips. They are a great way to meet more people and bond with your housemates.

- *Keep it Clean*

If you make a mess, whether in the kitchen, bathroom or common room, clean it up. You are living with other people and it's their home too. Cleaning up your messes is courteous and will save people from getting angry with you.

- *Don't Forget to Study*

Res is definitely a great way to meet people and socialise, but don't forget that study is equally important. If you feel like you are being distracted by people on Res, put a sign on your door saying you are studying, create a study group with your housemates, go to the uni library to study, and/or let your housemates know that you are studying and don't want any distractions.

## Milly's Top 5:

### Unusual Beauty Tips

**1. Bi-carb soda.** Oh, the wonders! For white teeth and fresh breath, sprinkle some on your toothbrush before or after you apply your toothpaste (many people swear by just using bi-carb, however I've been hesitant to try this) and brush as usual. Bi-carb polishes the teeth without harming them.



Also, to help with acne and some dermatitis/eczema, wet two fingers, dip them in bi-carb, put cleanser on top of this, rub the two together and cleanse as usual. This is the only thing that has helped my skin without irritating it, however, everyone is different, so start with a very small amount if you have sensitive skin and work your way up to an amount that works for you.

**2. Before waxing,** dab some baby powder on the area. This ensures the hairs are separated from the skin and are thus easier to access; dry skin is always easier to wax than oily.

**3. For a DIY hair treatment,** beat one egg and stir in half a lemon. Put this in your hair, glad-wrap it and let it set for a half hour. A messy process (I recommend applying it outdoors or adding flour or baby powder as a thickener), but one that works better than many products and treatments for a nourishing or repairing treatment. It is advisable of course to wash your hair twice after this (you don't want to stink like raw egg until you next wash!). This mix also doubles as a face mask for the same effects.

**4. If plucking is painful,** use Bonjela! Bonjela is a serum made to put on baby's gums when they're teething; it is thus an effective and gentle numbing cream that



won't irritate sensitive skin. Apply this to the area you're going to pluck before starting so the process is less painful.

**5. After finishing your hair and makeup,** spray hairspray all over your face as you would to hair, to make your make-up set and last longer. This is especially useful if you're going to be sweating, or if you have oily skin. On this note, I have been informed by many make-up artists that primer—which is used for the same effect—does not work. Most will recommend this process instead. How ironic for us ladies who have been searching for the perfect primer and spending hundreds of dollars, when all this time the secret was right next to the hair-curler!

*By Amelia Siebring (Professional Writing and Editing)*

### Untitled Photo



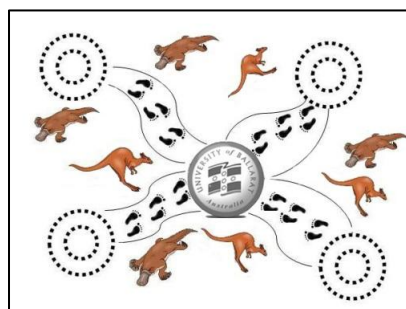
*By Georgina Gould-Hardwick (Bachelor of Visual Arts: Fine arts)*

### Childcare

Studying at university can be hard enough without also having to look after a child or children. The University understands that some students may be in need of childcare while they are at uni. Both Mt Helen and SMB have centres located in the K building and S Building respectively. For children aged between 0 and 6, the centres serve nutritional meals and provide quality care and education in an inviting and stimulating environment. Places may be limited, so if you are interested in booking your child/children into one of the centres then give them a call. Mt Helen Centre: (03) 5327 9456, SMB Centre: (03) 5327 8183



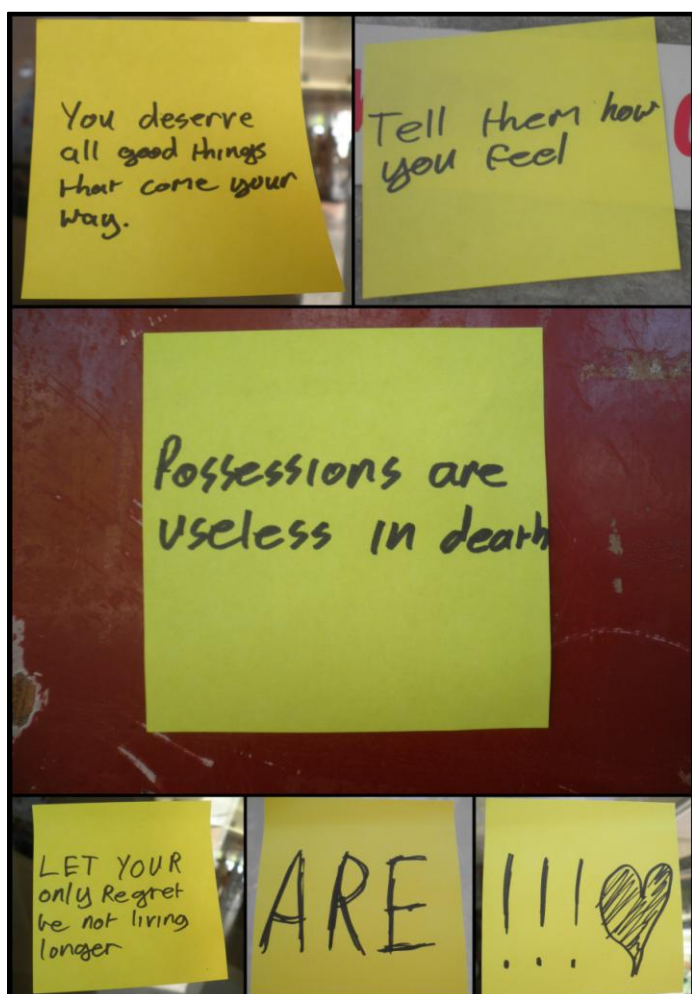
## Aboriginal Education Centre



If you are an Aboriginal and/or Torres Strait Islander student, then you should check out the Aboriginal Education Centre. Located above the canteen at Mt Helen

campus, the Centre provides many different services including: childcare, accommodation, financial and transport referrals; scholarship information; tutorial support; resource library; career advice; computer lounge; and facilitation of involvement with the local Aboriginal community. The centre is for both Higher Education and TAFE students across all campuses.

## Post-It Notes Around the Uni



## Getting Amongst It

All study and no play makes Jack a dull boy. While university is a place of study, you still need to take a break every now and again. Finding the balance between study and socialising can be difficult, but there are many ways in which you can achieve it. UB have various clubs and society which people can join to meet like-minded people. Some, such as the Education Society, Biomedical Club, and Art Society, are course discipline and/or academically based societies. Whereas UB Adventure, UB singers, and the Chinese Students and Scholars Association are special interest social clubs. There are also many sporting clubs to join both at the Uni, and around Ballarat. If you can't find a club that suits your interests and you want to form your own, then contact Leighton Fee, the Student Experience Officer at Mt Helen Campus. His office is opposite the bookshop and he can be contacted via phone: (03) 5327 9460 or email: l.fee@ballarat.edu.au.

Getting involved in clubs and societies will not only look good on your CV, but will help you meet new people and get more involved in university life.



Another way to do this is to be involved in student leadership and volunteering at UB, and around the community. Become a mentor or tutor through the transition mentoring program, PASS or the Aboriginal Education Centre. Share your love of study and university life by helping out at events like Open Day, or talking to secondary school students through the Regional Schools Outreach Program. Become a residential advisor on Res or participate in Res Footy, Res Netball, and unit activities. Inspire the next generation of scientists, engineers and mathematicians through Science in Schools or In2science which allow you to work with school students to build their skills. If none of those sounds appealing, why not become a member of the new UB Student Senate and have your say about what the SSAF should be spent on and other aspects of uni life. There is also a range of School and University committees that you can be involved with.

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